Fort Lee

Drug and Alcohol Brief

(Select Slide Show on the PowerPoint toolbar and then Select Start Slide Show from the Beginning. The links will not function otherwise.)

Army Substance Abuse Program

804-734-7180

Drug Problem 2009

1- Tobacco

2- Alcohol

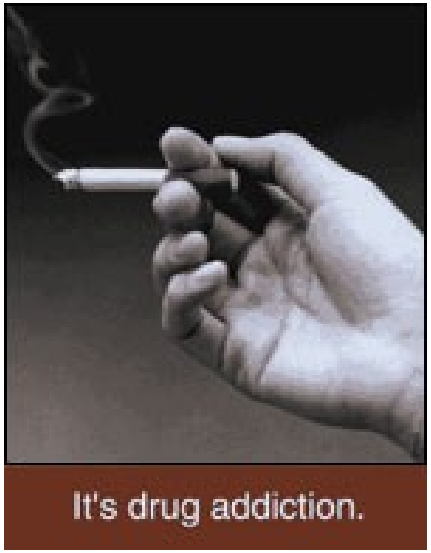
3- THC
4- Coke
5- Ecstasy
6- Meth
7- Other (club drugs)

Tobacco Trouble

- **Kills More than all Other Drugs Combined! 450,000 + Every Year!**
- **Emphysema, Cancer, Heart Attacks**
- **Second Hand**

Don't miss the fun of smoking...
Mildness is a Pleasure with Pall Mall
PALL MALL
For Flavor and Mildness
Fine Tobacco Filters Best
Outstanding Mild!

Remember about Tobacco



- Disastrous Effect on Children
- Danger of Smokeless Tobacco
- It’s also the UGLY drug => Smokers’

Alcohol Trouble

- Health Risk
- Fitness for Duty (Drunk on Duty)
- Drinking & Driving
- Violence / Family
- Underage Drinking

Remember about Alcohol

- It Gets Worse (Tolerance, Addiction)

- It Impairs You (although you don't realize it)

- It Changes you (you do things you would not normally

Marijuana Trouble

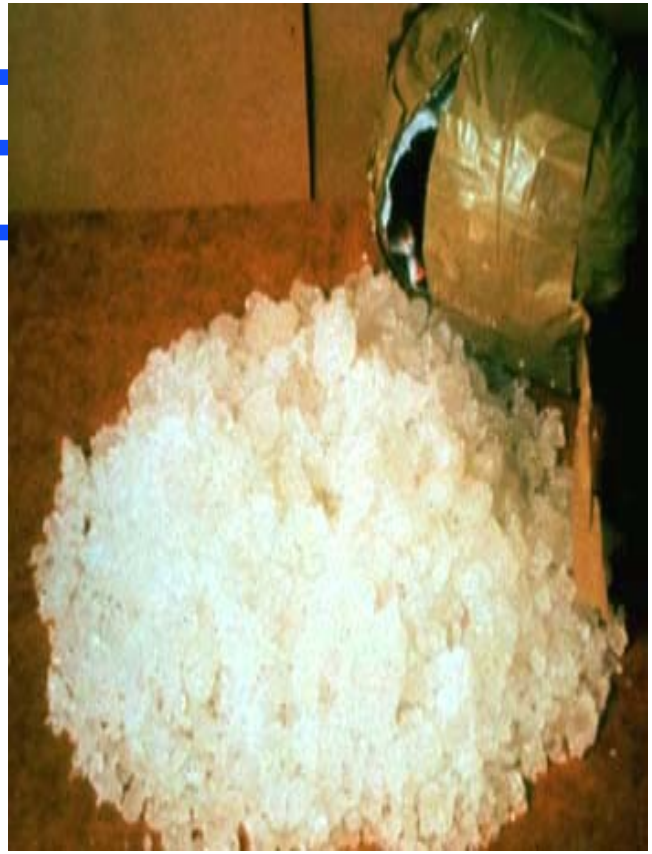
- Loss of Motivation
- Impairment (DUI)
- Breathing Problems

Remember about Marijuana

- **Increased Potency results in Increased Problems**
- **It's Illegal**
- **It's Easy to Catch**
- **It's a Career Stopper**

Methamphetamine Trouble

IC
H



- **Hawaii: The ICE Capital of U.S.**
- **High Association with Violence**
- **Fast, Hard-to-**

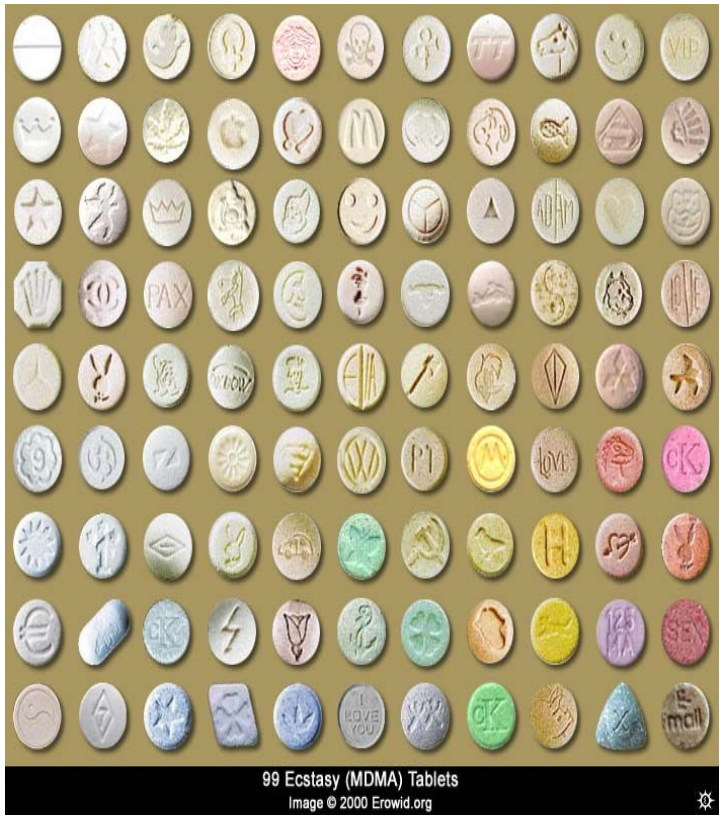
METH / ICE

Things to Rememb

- Users get =>
  Too Wired
  Too Paranoid,
  Out of Control

- Users Tend to => Get in Debt, Hear Voices,
  Get Violent

Ecstasy is NOT What it Claims to be:



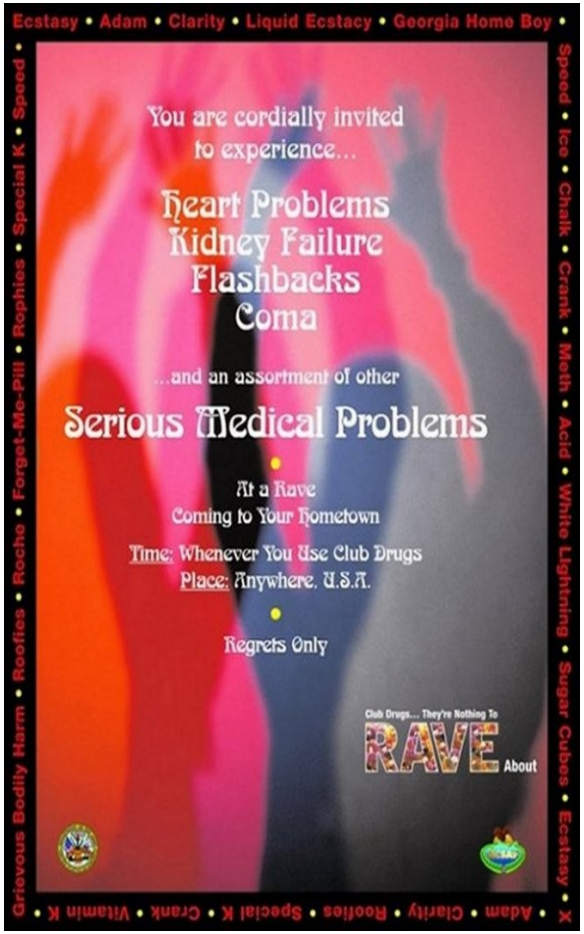
It’s Not An Aphrodisiac

It’s Not A Safe Drug

It’s Not A New Drug (it’s methamphetamine!)

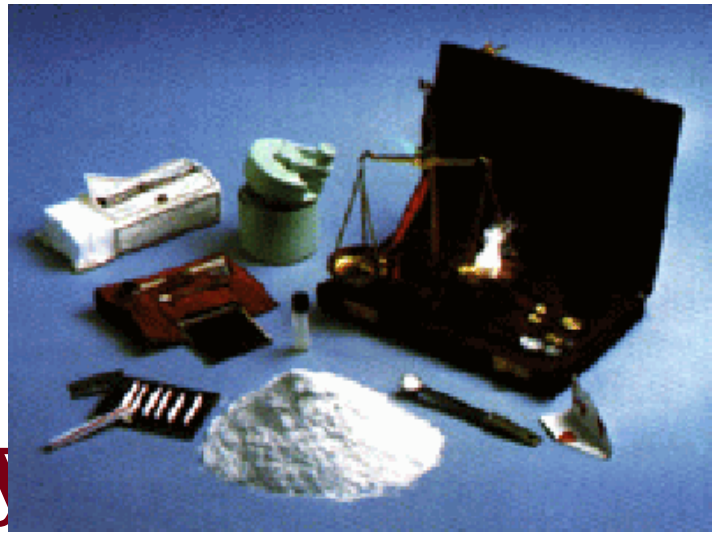
Things to Remember about ECSTASY

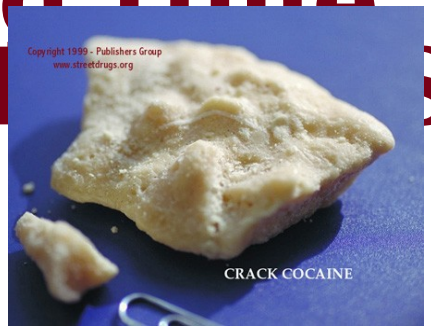
- **Hot Urine**
- **Often Adulterated**
- **Nothing Magical (stimulant/hallucinogen)**


Ecstasy • Adam • Clarity • Liquid Ecstacy • Georgia Home Boy
You are cordially invited to experience...
Heart Problems
Kidney Failure
Flashbacks
Coma
...and an assortment of other
Serious Medical Problems
At a Rave
Coming to Your Hometown
Time: Whenever You Use Club Drugs
Place: Anywhere, U.S.A.
Regrets Only
Club Drugs... They're Nothing To
RAVE About
Grievous Bodily Harm • Roofies • Rocho • Forget-Me-Pill • Rophies • Special K • Speed
Speed • Ice • Chalk • Crank • Meth • Acid • White Lightning • Sugar Cubes • Ecstasy • X
Adam • Clarity • Roofies • Special K • Crank • Vitamin K

Cocaine Trouble

- "Wired", Most need Downers to pull back
- "Up" followed by big time DI SION

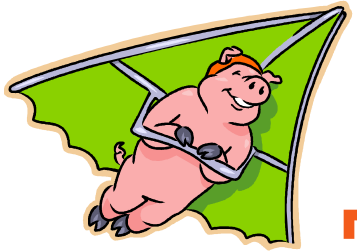




Remember About Cocaine

- Quick Intense Addiction Pattern
- Expensive to the Wallet & the Body
- Major

LSD Troubl



Tabs

Acid

Microdots

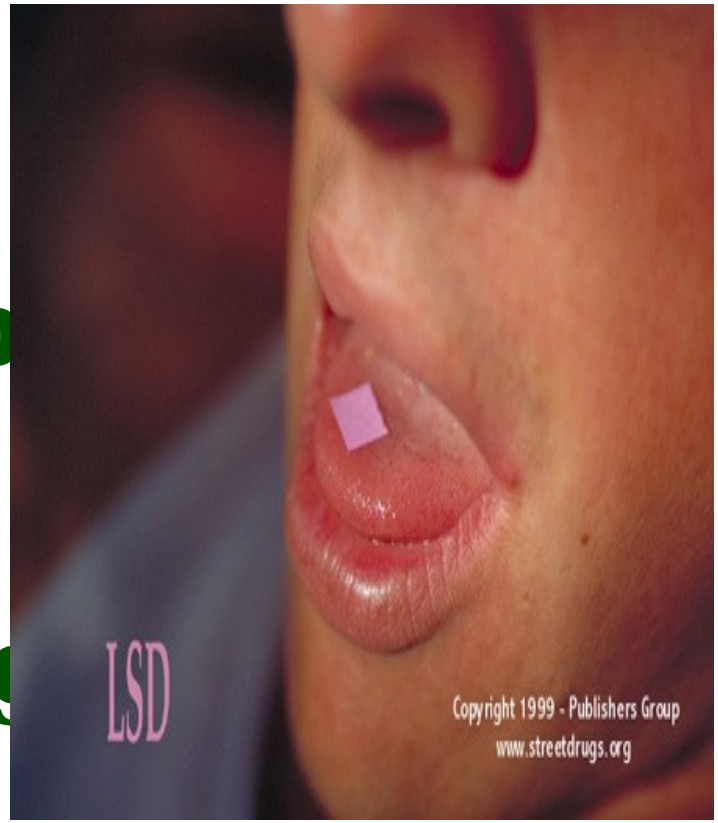
Hits

- On the Increase
- Bad Trips
- Non-Functioning

Blot

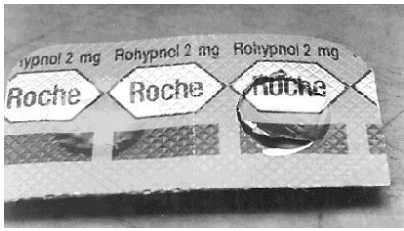
Remember About LSD

- **Army is Aggressive & Effective in identifying LSD Urine Positives**
- **Destroys Reliab**
- **Major Army Targ**



Other Drug Troubles

- Prescription Drugs
- Creatine and Rip
  Fuels
- Roofies
- Steroids / Inhalants



Adult Responsibilities

- Family
- Home upkeep
- Car/Transportation
- Food
- Medical
- Goals
  - Personal
  - Professional
- Balance Budget
  - Living within your means

High Risk Behaviors

- Drugs
- Driving While Intoxicated
- Child/Spouse Abuse
- Traffic Violations
- Sexually Transmitted Diseases
- Finances

Soldier Profile Budget

E-4 W/Spouse and 2 children

- Base Pay $1558.20
- BAH $720.00
- BAS $254.46
  - Expenses
    - Car/Gas/Ins $525.00
    - Food $400.00
    - Rent/Utilities $850.00
    - Phone/Cell $120.00
    - TV/Cable/Net $130.00
    - School Clothes $100.00
    - Entertainment $125.00
    - Cigarettes/Beer $100.00
    - Credit Dept $200.00

Discretionary $ = $17.32

Government Gives You:

Medical

Health and Fitness

Schooling

Promotion Opportunity

Leadership Growth

Family Services

DWI/Drug Offense Consequences

- DWI
  - Loss of Driving Privileges
  - Court Costs
  - Lawyers Fees
  - Annual State Surcharge for DWI offenses
  - Higher insurance rates
  - UCMJ Action
  - Zero Tolerance Law for Under 21

DWI/Drug Offense Consequences

- Drug Offense
  - UCMJ Action
  - Chapter from military service
  - Federal Conviction

Child/Spouse Abuse Consequences

- Treatment
  - May include mandatory individual and/or group counseling
  - May be entered into the DOD Central Registry as an offender
  - UCMJ Action

- **What is the primary reason you joined the military?**
  - **Personal Reasons**
  - **College**
  - **Job**
  - **Money**
  - **Get a head start on Life/Career**

- **Year to date Accomplishments**
  - **Education**
  - **Experience**
  - **Career goals**
  - **Family goals**

What's Going on?

Fun, Partying, living for today

Tunnel Vision

UCMJ/Law

Family, Loved Ones

Future

Tomorrow

Career

Money

- **What are your goals?**
  - **Military**
  - **Job**
  - **College (Start or Finish your degree)**
  - **Location (Where are you going to live)**

- **Don’t give in to Peer Pressure**
- **Be truthful to yourself**
- **Understand that Decisions have consequences, both good and bad**
- **CG Policy on Drug/Alcohol Use/Abuse**

Things to Remember

1. Use Legal Drugs Responsibly

2. Don’t Use Illegal Drugs

3. If You’re Having Trouble with Drugs, Get Help Now!

Need Help?

Need to Help a Friend?

Need Information?

Talk with your Supervisor

Or

Call the ASAP: (804) 734-9079, or ASAP Counseling: (804) 734-9601

It’s your…… DECISION

…… FUTURE

…… LIFE